



Healing With Oxygen

Part 2

Every 18 months supposedly, all the body's atoms are replaced by new ones; even more often in some tissues. You can become a whole new person more frequently than is generally realised.

Ovious solutions to complex problems are often overlooked. This simple breakthrough may possibly transform our views of health, healing... and even the human lifespan.

by WAVES FOREST

Personal fluidity and atomic turnover rate vary with the internal oxygen/hydrogen ratio.

While oxygen loosens, dissolves and keeps matter in motion, hydrogen, the smallest atom, is the glue that sticks organic molecules together, filling in spaces between the larger atoms. It concentrates and solidifies matter and helps hold the body's form stable, balancing oxygen's inclination to flow freely. A shortage of oxygen leaves a proportionate excess of hydrogen and other elements. This raises blood viscosity and slows atomic turnover and thus all metabolic functions, which causes sluggishness and other undesirable conditions.

If there's extra matter among the cells that has no useful role in cellular functions, it can only get in the way. Among other things it's read as distortion in the bio-electric fields that guide molecules into place, causing cumulative errors in construction instructions and hastening the aging process.

The ability of oxygen to swiftly hook up with, change and disengage from organic compounds makes it structurally ideal for composing bodies that require a continuous turnover of their molecules in order to stay alive. Its compact size and exuberant electron sharing allow it to easily slip into the gaps between other "used up" molecules in membranes and protoplasm, work them loose, and pull in fresh ones.

A higher oxygen level keeps the internal molecular exchange going at an optimum rate, allowing the body's processes to run faster and with less effort. It also lets the body and its owner enjoy each other's company a lot more. Oxygen brings bio-molecular slack.

The constantly shifting patterns of micro-pulses surging through us carry vast amounts of information, of which we glimpse only a thin slice as it crackles past wherever our awareness is localised. All this living fire is fuelled by the action of oxygen and is cooled by the water from hydrogen. The two elements balance each others' qualities more or less perfectly, depending on their exact proportions.

If you've ever put hydrogen peroxide (H₂O₂) on a wound you have used oxygen therapy in its simplest form. The bubbling at the point of injury is the death by oxidation of low-oxygen germs antagonistic to the body's higher-oxygen-preferring cells. That is why the bubbling is so pronounced when there's infection in the wound, also why gargling or brushing teeth with H₂O₂ produces considerable foam when many germs are present. H₂O₂ is the simplest and most effective germicidal cleanser for the mouth. Any gum infections will reveal themselves by burning and turning white for a few hours. A 2% solution (one part 35% food grade H₂O₂ to 17 parts water) works quite well; dilute if that is too strong.

The original, more informative name for H₂O₂ is Oxygen Water, since the pure form is simply water with, for example, 2% of the molecules having a second oxygen atom. It is still called that in Europe, there it is widely used in drinking water. "Hydrogen peroxide", while technically correct, conveys the impression of a chemical or drug rather than a naturally occurring substance, which like water or oxygen is central to the metabolism of all high-oxygen-saturation lifeforms.

Food Grade H₂O₂ (35% strength, must be diluted) should be obtained instead of the common chemist shop 3% kind for internal use, as the latter contains some chemical stabilisers and impurities such as phenol, phosphoric acid, or acetanilide. If your nearby health-food stores are not yet carrying 35% H₂O₂, or they're charging too much, some mail-order sources are listed further along in this report. 1-3 drops (of the 35%) in 5 ounces of water, 3 times a day, is reported to be the best starting dose; it is increased by a drop per dose, per day, up to 25 drops at a time in extreme cases.

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— Successes In Oxygen Therapy —

Some find the metallic taste rather unpleasant and may wish to chase it with plain water. It can also be mixed with orange or apple juice, but carrot juice or blended banana drinks should not be used as these contain enzymes which break up the H_2O_2 before it can be absorbed.

One method of taking H_2O_2 orally that avoids any uncomfortable stomach reactions, which don't last long in any case, is to mix a 2% solution, take a small mouthful and swish it around for several minutes before swallowing it. It gets all foamy and pre-digested with saliva and produces no stomach discomfort when it goes down. **This can be done as many times a day as desired, but one should start with small doses to avoid bringing on major cleansing reactions, which can be quite uncomfortable while they last.** Often a healing crisis is unavoidable, in which the symptoms temporarily intensify before leaving for good, but ideally one cleans out only moderate amounts at a time of cellular leftovers, not overloading the kidneys and liver all at once.

Absorbing H_2O_2 through the skin can be quite invigorating, and doesn't bother the stomach at all. Apply a 7% solution (1 part of 35% H_2O_2 to 4 parts water) just before a shower, or occasionally 9%. This substantially boosts energy and alertness. Probably best to start with about 2% strength until familiar with it and work up from there. The 2% solution also makes an invigorating splash-on for afterwards that reverses any sluggishness brought on by too long or too hot a shower.

A squeeze-top plastic bottle works best for this. Squirt a little into one hand and apply it over the entire skin, *avoiding only the eyes*. It will take a few palmsful, but if its splashing all over the place you're using too much at a time. Let it soak in for a few minutes before rinsing off. There may be a slight prickling or itching sensation, especially with higher concentrations, which disappears when rinsed clean. It also provides an instant damage report; any open cuts or scratches will make their presence known by stinging and bubbling.

Unless the body is exceptionally clean, the enhanced membrane transport will induce the pores to expel enough accumulated toxins to produce a noticeable 'locker-room' sort of smell, which of course rinses off with the residue. At higher concentrations, one can actually taste the H_2O_2 that has moved through the skin into the peripheral blood supply. A few ounces of 35% H_2O_2 in a bath will neutralise contaminants and chlorine by-products from municipal water supplies and can produce an invigorating effect similar to direct skin application, though the latter uses up much less H_2O_2 at one time.

One intravenous H_2O_2 treatment (250cc of .035% infused over half an hour) is said to accomplish the equivalent of about 2 weeks of the oral regimen. If one's condition is urgent enough to require something that is invasive, a physician's assistance is needed. The closest physician offering it can usually be located through the International Bio-Oxidative Medical Foundation.

An astonishing mass of documentation has accumulated on the positive results obtained with various concentrated oxygen sources, especially H_2O_2 and ozone (O_3).

Medical ozone therapy has been used in some parts of Europe for over fifty years with no fatalities or side effects. It is estimated that over 5,000 physicians in Germany alone are now using ozone in their practices. ¹

The US ozone scene is not quite as encouraging, though some progress is occurring. Most US physicians using ozone are keeping a low profile until the FDA approval process grinds to some sort of a conclusion. The FDA has chosen to define ozone as a drug and withdrawn their initial tentative approval of its experimental usage. Progress with the comparatively low-tech H_2O_2 in the US is quite another story, regardless of FDA disapproval. Despite FDA warnings to distributors not to sell it for health applications, the grassroots H_2O_2 self-treatment movement is now unstoppable, and even physicians using H_2O_2 feel some safety in numbers.

The International Bio-Oxidative Medicine Foundation (IBOM) is a clearing house and referral service for the rapidly growing number of physicians offering intravenous H_2O_2 to their patients. The IBOM Newsletter contains technical updates for physicians using H_2O_2 and they recently printed a list of some 30 diseases, many previously considered incurable, which have been treated successfully by this method. This astonishing list, includes cancer, AIDS, cardio-vascular disease, arthritis, emphysema, asthma, influenza, diabetes, multiple sclerosis, environmental allergy problems, candidiasis, Alzheimer's and Parkinson's disease. ²

Walter Grotz conquered a severe arthritic condition several years ago by drinking H_2O_2 and has been studying and giving lectures about it ever since. He originally heard about H_2O_2 from Father Richard Wilhelm, who had learned about it from Dr Carl Edward Rosenow. He initiated a computer search, locating over 5,000 peer-reviewed medical articles regarding H_2O_2 's therapeutic applications and metabolic roles, and the artificial conditions under which it can be rendered toxic. He turned up much of the material on H_2O_2 given here and played a major role in the recoveries of many people who may not have otherwise learned about H_2O_2 in time. ³

— Oxygen Therapy In The Past —

If a principal is valid and useful we should expect it to be discovered repeatedly until it is finally implemented. Oxygen therapy has appeared in various forms since the late 1800s, but its adoption has tended to spread only until it started noticeably displacing conventional medical services and products. The pharmaceutical industry is older than most people realise and as with any other business, drug manufacturers have naturally attempted to discourage any major threats to their markets. And H_2O_2 is the embodiment of a drug company owner's worst nightmare: people who use enough of it simply stop buying virtually every other pharmaceutical product. Highly reputable medical journals have briefly covered oxygen therapy over the years, but somehow its true potential remains unexamined...

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In 1939 Dr William Frederick Koch summarised the feature shared by the chemistries of all disease organisms, that leaves every one of them vulnerable on the same front: "Molecular structures that catalytically quench the normal oxidation catalysis possess rather heavy molecular weight which contributes inertia. At the same time they possess an ethylene, quinone, imide or amino group, the free valencies of which actively absorb the energy of the positive oxidation catalyst and thus remove its activity from the reaction field.

The toxins of pathogenic germs and allergenic substances are all built up along this plan. They therefore possess a common mechanism of action which offers a single means of attack whereby they can be completely destroyed so far as their toxic action is concerned. One agent, therefore, can serve specifically destructive to all of them and this agent is a vigorous oxidation catalysis." Although there was massive documentation on the effectiveness of his compounds, today they appear to be unavailable and largely unknown...

Another promising oxygenating substance was Ozol, a safely breathable carrier of ozone described in 1912 in Dr Homer Bennett's "Electro-Therapeutic Guide". The inventor, William N. Neel of Chicago, found that ozone can be attached to certain aromatic oils which may then be inhaled without any lung irritation... Many other safe high-oxygen supplements are waiting to be identified and synthesised. The curative properties of certain plants such as taheebo and echinacea are partly due to their ability to bind large amounts of active oxygen into organic molecules that we can assimilate.

In 1931 Otto Warburg won a Nobel Prize for his delineation of the anaerobic cancer metabolism, so it must have been considered an important discovery at the time. Cancer cells derive energy from sugar fermentation instead of oxidation like normal cells (see *Now What* #1). **Any cells deprived of 60% or more of their oxygen supply will turn cancerous; if a healthy oxygen tension is restored, the cells resume a normal metabolism.** But apparently there was no way to make oxygen therapy anywhere near as profitable as radiation, chemotherapy or radical surgery, unfortunately for cancer patients. Ironically enough, it turns out that it's not uncommon for oncologists in the US to administer IVs that include H_2O_2 , "to help improve the effectiveness" of the radiation or chemotherapy.

The charges that cheap alternative cancer treatments have been squashed to protect the existing medical industry's financial commitments have been around for a long time. In 1959 *The Cancer Blackout* by Maurice Natenberg (Regent House, Chicago) detailed some twenty successful therapies that had appeared previously, drawing high praise from patients and sincere physicians but heavy fire from medical authorities. Natenberg's description of the situation 30 years ago sounds chillingly familiar today, with the key difference that the public sense of urgency is finally forcing alternatives into the open...

Somehow the general notion has spread that 'free radicals' are categorically dangerous and that H_2O_2 is and/or produces a free radical, so it too must be dangerous. Free radicals are just

atoms or molecules with unpaired electrons, an unavoidable occurrence in bio-chemical reactions. There could be no life as we know it without free radicals.

— Confusion Over Free Radicals —

However, some free radicals are indeed dangerous. The properties of free radicals vary widely, depending on the atoms composing them. Some are toxic to all living cells, others only to the most vulnerable cells.

Singlet oxygen is a highly reactive free radical that acts as a scavenger of other free radicals. The oxygen combines with them to render them harmless, thereby protecting the cells in a sufficiently oxygenated body. While guarding us from free radical damage, singlet oxygen will also oxidise the membranes from around any unprotected cells. The key is that healthy cells are normally protected by enzymes such as catalase, reductase superoxide dismutase, and glutathione peroxidase, that block any potentially dangerous reactions from occurring. Disease microbes have no such protective enzymes, nor do cancerous or other disease-weakened cells.

By this elegant mechanism single-atom oxygen distinguishes microbial friends from foes and attacks only invading pathogens and cells that have 'gone over'. The 'dangerous free radicals' from H_2O_2 are dangerous only to tissues which are so thoroughly diseased that they are no longer of much help to the body anyway. In such cases the body's oxygen level needs to be raised gradually, so as not to overload the elimination system with too many sloughed-off seditious cells at one time.

"Oxygen uptake can be increased by some 30% by improving the body's electrical conductivity to the ground"

These "anti-oxidant enzymes", which term does not really describe their entire function, are now gaining in popularity as nutritional and/or medicinal supplements. They have been shown to help protect marginally healthy cells from general free radical damage and make it easier to repair damage that's already occurred. Superoxide dismutase (SOD) in particular has helped reduce a variety of disorders; normally it's among the body's most plentiful enzymes. However, prolonged use of supplements could tend to atrophy the internal bio-chemical processes that would normally be making those enzymes. In any case it does not address the oxygen deficiency which underlies the condition being treated, and which causes the cells to be too weak to produce their own protective enzymes in the first place.

It appears that the essential mechanism in many useful therapies is the increase of active oxygen they induce at disease sites by various means... The effectiveness of negative ion generators for cleaning and recharging air and promoting the healing of burns and lung problems, has been well documented elsewhere. The aspect that applies here is that the lungs can absorb oxygen more easily from air that is negatively ionised (carrying extra electrons); a key factor in the invigorating effect

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of naturally charged air occurring around waterfalls, snow, trees and ocean waves. It also explains why positively charged air (short on electrons) seems to cause undesirable effects similar to those from partial oxygen deprivation.

A related phenomenon worth noting here is that one's oxygen uptake can be increased by some 30% by improving the body's electrical conductivity to the ground. The refreshing sensation from going barefoot on natural earth, rock or ground cover, as compared to wearing shoes with modern synthetic insulating soles, is due partly to this. Comparatively non-conducting surfaces like asphalt, cement and synthetic carpets all interfere with properly grounding a body for maximum oxygen absorption. It will help to reintroduce conductive-soled shoe like moccasins or certain woven organic fibre types and where feasible, conductive concrete substitutes such as stone, clay or Indian cement.

— Directed Attention Methods —

The brain consumes ten times the amount of oxygen, per pound of body weight, that is used in the body's other tissues. The singular role of oxygen in sustaining awareness may be further demonstrated by the local increase in oxygen saturation occurring in areas of the body receiving focused attention, when treated by such ancient methods as laying on of hands and creative visualisation (healing energy flows, etc).

It has been demonstrated in long-term studies that, to put it bluntly, people with crummy attitudes tend to live shorter lives, which is actually a kind of a relief for the rest of us. The point is that hostility, resentment and other unappealing emotions cause a constriction of the blood vessels, which of course reduces the flow of blood and oxygen. There are quite a few accounts of people who were basically no fun to be around, who upon learning they had a short time left decided to try acting nice for a change. So they'd smile and be friendly and try to enjoy whatever remaining time they had, and interestingly enough, sometimes the disease would fade away, leaving them with many more years of life and a much greater appreciation of it.

Even '**laughter therapy**' has among its effects an increase in the blood oxygen level. Deep laughter works the diaphragm vigorously and forces a more complete emptying and filling of the lungs than regular breathing usually accomplishes, and the greater oscillations of pressure within the air passages stimulates a swifter transfer of oxygen to the blood. 

1. Among those whose documentation has reached the US are:

Dr Horst Kief, Arzt, Londoner Ring 105, 6700 Ludwigshafen/Rhein

Dr Alexander Preuss - Ulminstrasse 15, 2900 Oldenburg

Dr S. Rilling - Arztl. Gesellschaft für Ozontherapie, Stuttgart

Dr Renate Viebahn - JrJ Hansler GmbH, Iffezheim

2. IBOM - PO Box 61767, Dallas/Ft Worth, TX 75261, USA;

Ph.817-481-9772. They are getting many 'send free info' letters and phone calls, so give them at least \$2 and SASE when requesting literature, and \$10 for physician referrals.

3. His newsletter ECHO, an update on oxygen therapy, is available for US\$2 from PO Box 126, Delano MN 55328, USA.

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